



Nebraska Hand & Shoulder Institute, P.C.
Dolf R. Ichertzt, MD

OUTPATIENT SURGERY

DEAR: _____

Your surgery is scheduled at our office located at **716 N. Alpha St., Grand Island, NE**, (308) 398- HAND (4263) on _____.

Your surgical arrival time is: _____ (this time may change due to unforeseen circumstances such as accidents or equipment scheduling). We apologize for any inconvenience this may cause you. The above scheduled arrival time is one ½ hour before actual surgery to handle preparation. *Please be on time.*

INSURANCE: Please contact your insurance company if any pre-authorization for surgery is required. The **CPT codes** for your surgery are: _____

- If you were given a Pre-operative/Clearance order (a half sheet of paper) to get Lab work, EKG, H & P (history and physical) etc. You need to schedule with your primary physician 1-2- weeks prior to surgery or as they recommend. **PLEASE TAKE THAT ORDER WITH YOU TO THAT APPOINTMENT.**
- If you were given an anti-inflammatory to take the evening before surgery (Celebrex, meloxicam, Vimovo, enteric diclofenac, Limbrel, Naprosyn etc) take with a snack.
- Certain surgeries require you to be off all NSAIDS (Meloxicam, Vimovo, Ibuprofen, enteric diclofenac, Naprosyn, Aspirin etc.) for 10 days prior to surgery. Questions on this call the office and speak with our nurse Dena.
- **Do not eat or drink anything** after midnight before your surgery (**ABSOLUTELY NO gum, candy, food, tobacco of any kind, etc.**).
- Hand Surgeries- Starting two days prior to surgery, **SCRUB YOUR HANDS WITH DIAL SOAP AND CLEAN UNDER YOUR FINGERNAILS.** Wear freshly laundered clothing to surgery.
- Mandatory medications (blood pressure, heart, thyroid, etc.) should be taken with a couple ounces of water. Blood thinners (Coumadin, heparin, Lovenox, etc.)- stop these medications seven days prior to surgery or back injections **upon approval of your medical doctor.** Insulin- take one-half of your regular dose the morning of surgery.
- You will need to make arrangements for someone else to drive you home.

If you have any questions, feel free to call (308) 398-HAND (4263) or (800) 433- 9147.

Phone: (308) 398- HAND (4263) • (402) 451- HAND • (800) 433- 9147
Offices conveniently located in Grand Island, Lincoln and Omaha
Website: www.carpaltunnelrelief.net